A915

OWNER'S MANUAL

ASSEMBLY INSTRUCTIONS

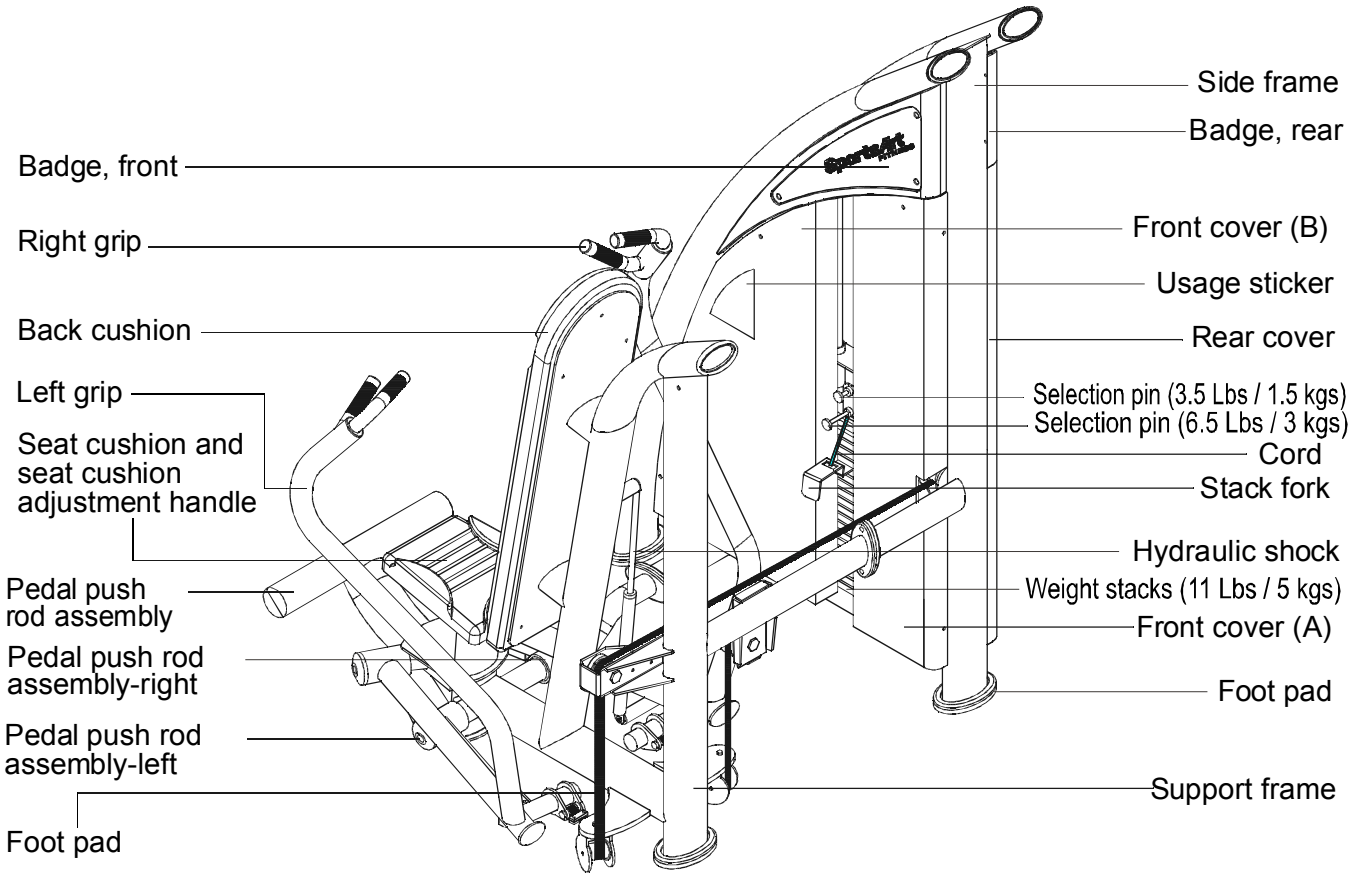
INDEPENDENT CHEST PRESS

SportsArt FITNESS

A. SAFETY INSTRUCTIONS

- Read all cautions/warnings and obtain proper instruction on use of the machines prior to using. Use appropriate positioning and controlled movements.
- Assemble and operate the strength on a solid, level surface. Do not use outdoors or near water.
- Never allow children on or near the strength.
- Make sure all fasteners are properly tightened for safety. DO NOT use the strength if the unit is disassembled in any way.
- Keep head, limbs, and fingers clear of all moving parts.
- If at any time during exercise you feel faint, dizzy or experience pain, stop and consult you physician.
- DO NOT wear loose or dangling clothing while using the equipment. Keep away from all moving parts.
- Use care when mounting and dismounting the unit.
- DO NOT use any accessories that aren't specifically recommended by the manufacturer. These might cause injuries or cause the unit to fall.
- Close supervision is necessary when this strength is used by, on, or near adolescent, invalids, and disabled persons.
- Use this strength only for its intended use as described in this manual.
- Never operate this strength if it has been damaged in any way. If it is not working properly, been dropped or damaged, contact your dealer. DO NOT attempt to fix a broken or jammed machine. Notify floor staff.
- Never drop or insert any object into any opening.

B. Introduction



C. List of Parts

1. One side frame.

2. One support frame

3. One pedal push rod assy

4. One pedal push rod

5. One grip

6. Four hex socket head bolts M8 x P1.25 x L30, for the pedal push rod assembly and pedal pushing rod (right and left)

7. Four spring washers, M8, for the pedal pushing rod assembly and pedal push rod (right and left)

8. Four flat washers D17 x d8.3 x t2 for foot rest

9. Two hex socket head bolts, M8 x P1.25 x L20, for the pedal push rod and grip

10. Two wave washer, (WN6203) for the pedal push rod and grip

11. One bearing washer for the grip

12. One washer for the pedal push rod

13. One double-end open wrench,17mm x 23mm

14. One double-end open wrench, 8mm x 17mm

15. One hex key wrench, M6

16. One hex key wrench, M5

17. User's manual

18. One double-end open wrench, 8mm x 10mm

19. One double-end open wrench, 12mm x 15mm

20. One storage tray

D. STEP BY STEP INSTRUCTION:

1. Tighten the pedal pushing rod with screws as shown in Fig.1.

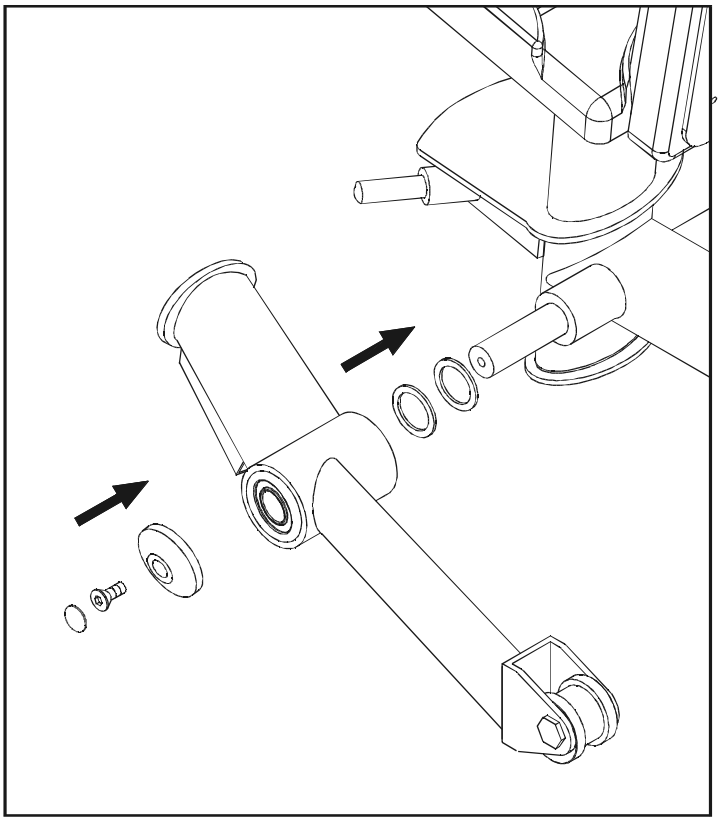


Fig.1

2. Tighten the grip with screws as shown in Fig.2.

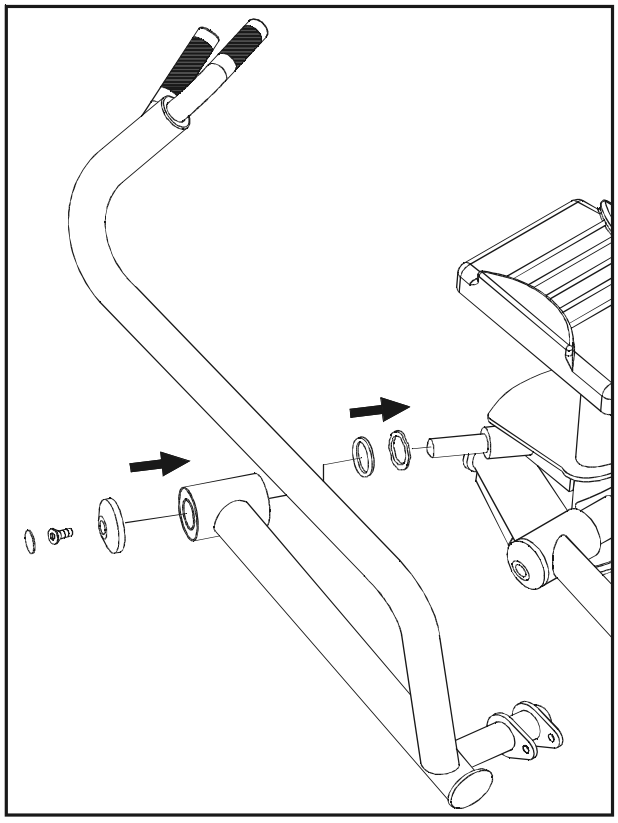


Fig.2

3. Tighten the pedal push assembly and both left and right push rods together with screws as shown in Fig. 3.

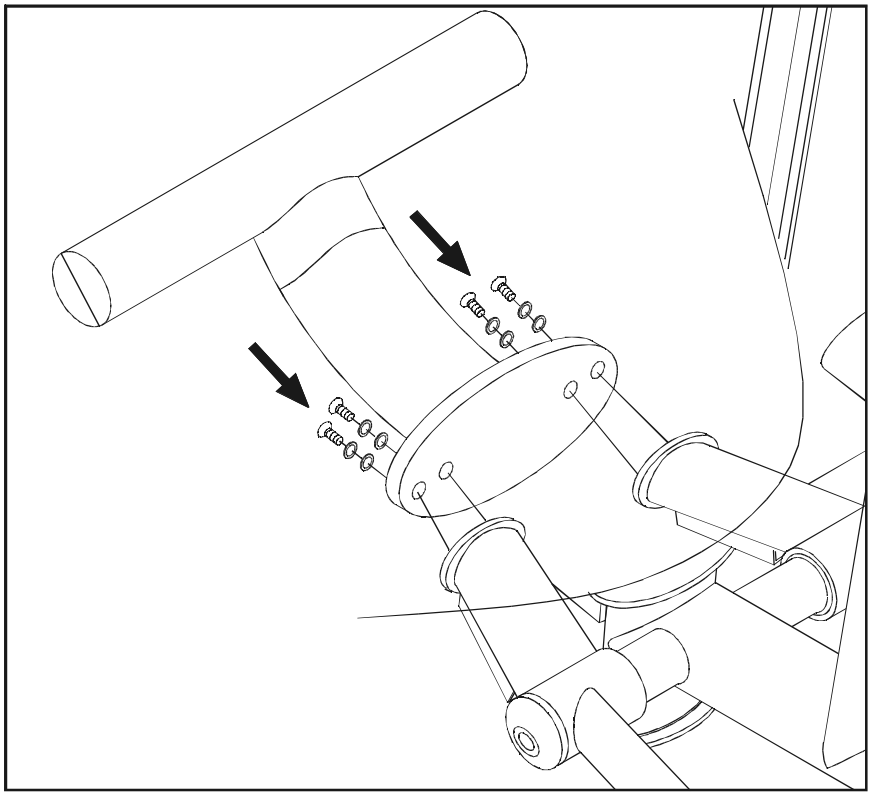


Fig.3

4. Assemble the belt and secure the screws tightly as shown in Fig. 4.

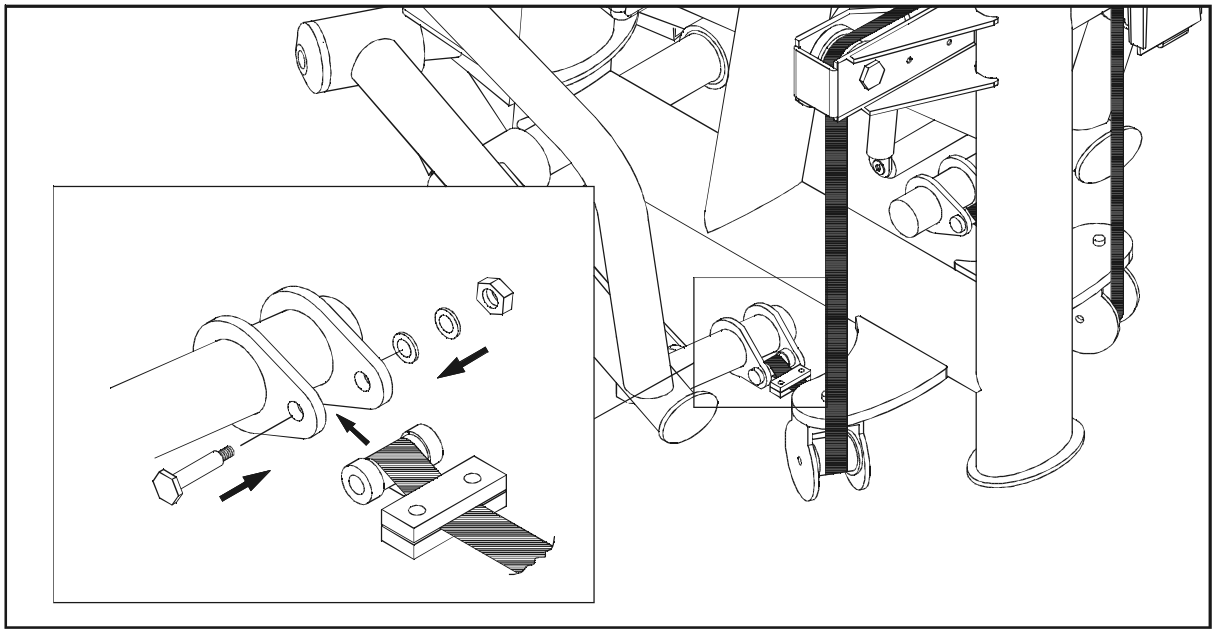


Fig.4

5. Please check the machine to see if both sides are level after assembly. Padding either post with cardboard or wood plank to make both sides at the same level. Then check the tightness of inserting the stack fork.

Note: If you feel too tight or too loose when you insert the stack fork between the weight stacks, it means the machine is not level so padding the post with the stuff is required.

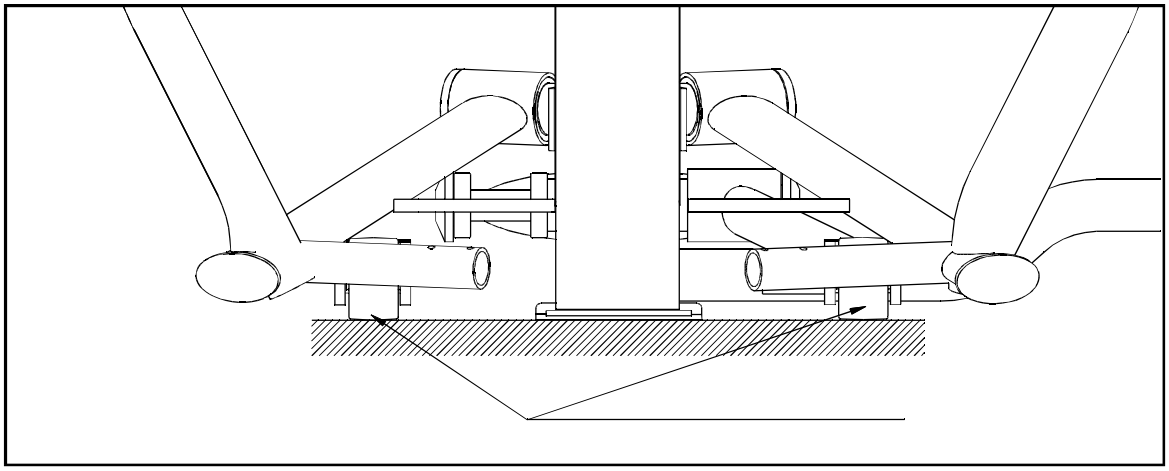


Fig.5

E. BELT ADJUSTMENT:

1. If the belt is too tight or too loose, first loosen nut A as shown then adjust nut B. If the belt length is too long, adjust downward; if the belt length is too short, adjust upward. Adjust the belt to the proper position, then tighten nut A.

2. The gap between nut A and B must be within 35mm(1.4"). If the gap still exceeds the 35mm limit after the first step, please loosen the screws on C and adjust the belt to the proper length. Tighten the screws and follow the 1st step again. (See Fig. 6)

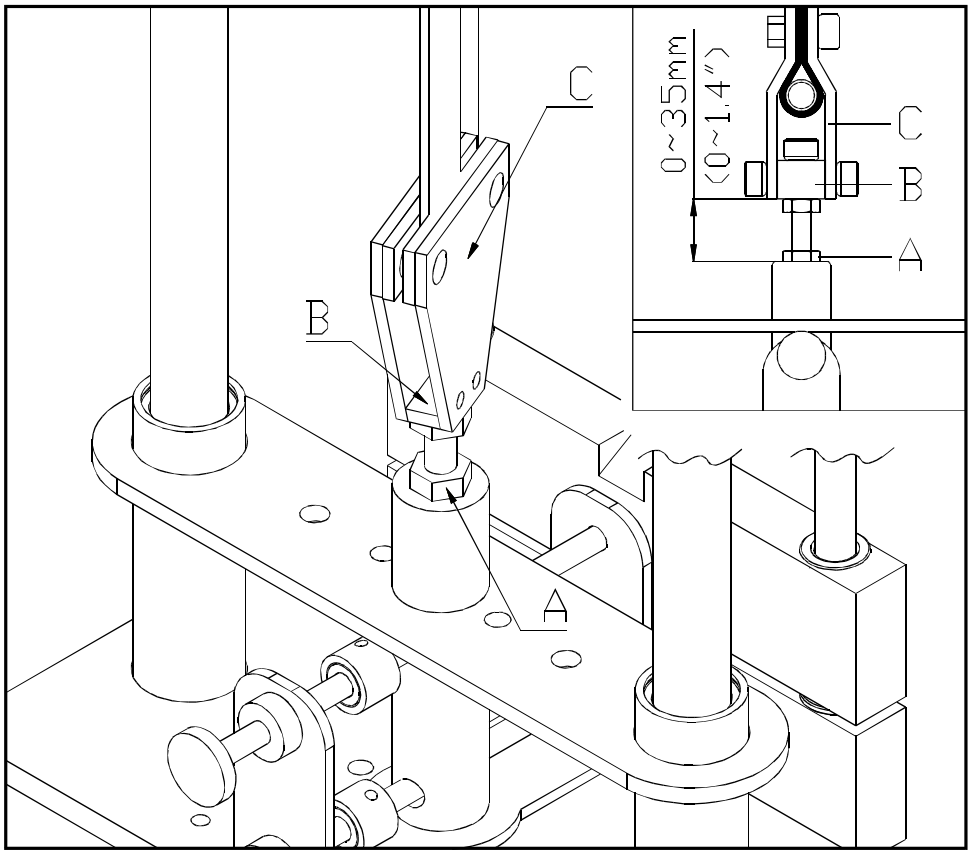


Fig.6

F. HOW TO USE THE MINOR WEIGHT STACK

1. To adjust the minor weight stack, insert the upper pin to add 3.5Lbs/1.5kgs or the lower pin to add 6.5Lbs/3kgs.

2. Pull the pin to release the weight. (See Fig. 7)

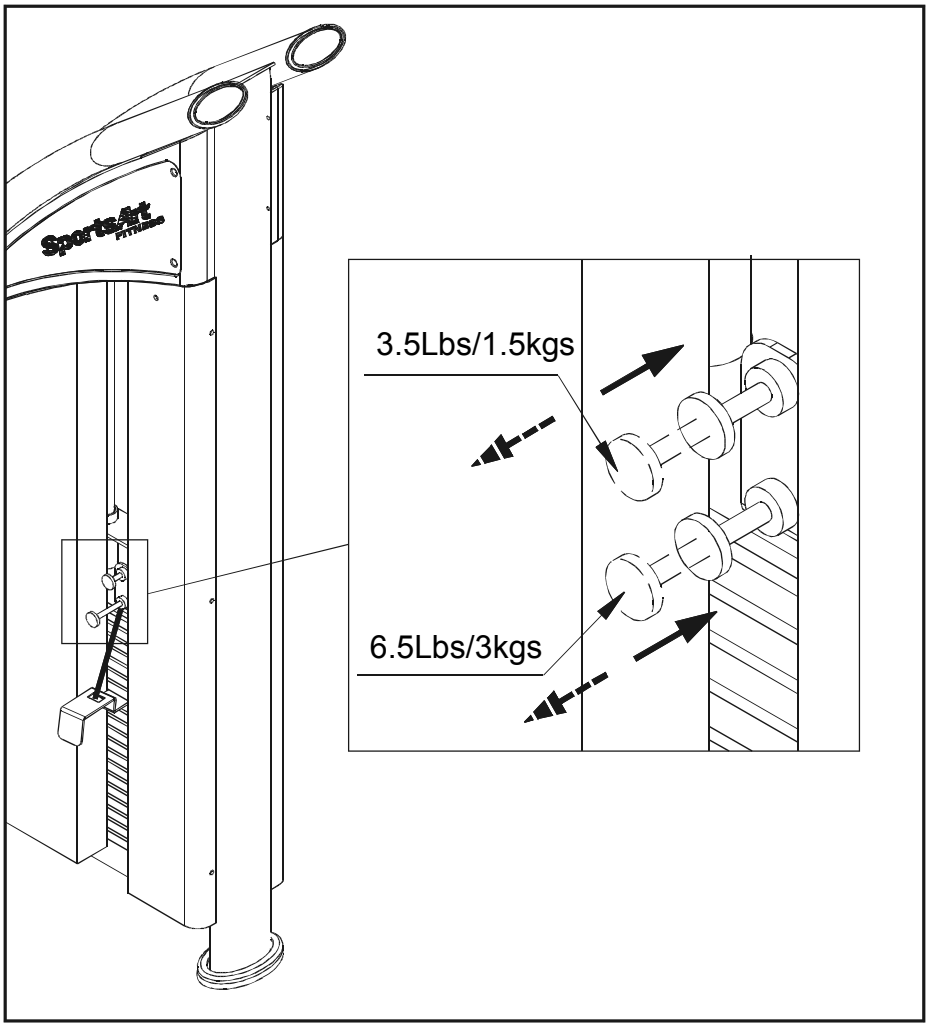
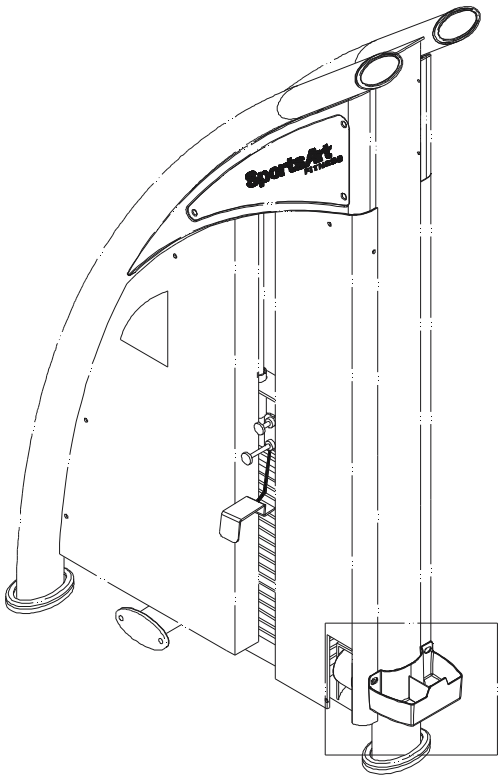
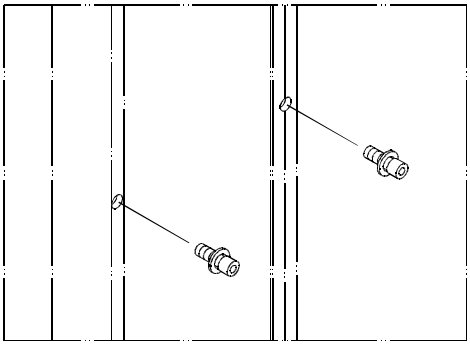


Fig.7

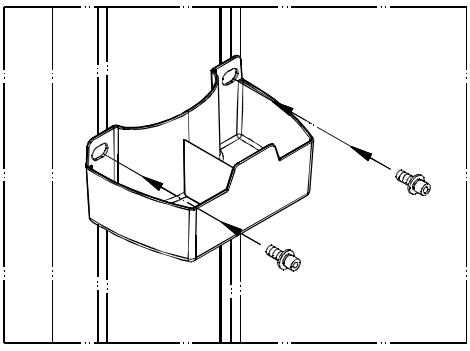
G. STORAGE TRAY ASSEMBLY

Applicable strength products include that these products have the frame as following shape.





Step 1:
Remove the existing screw and washer from tubing.

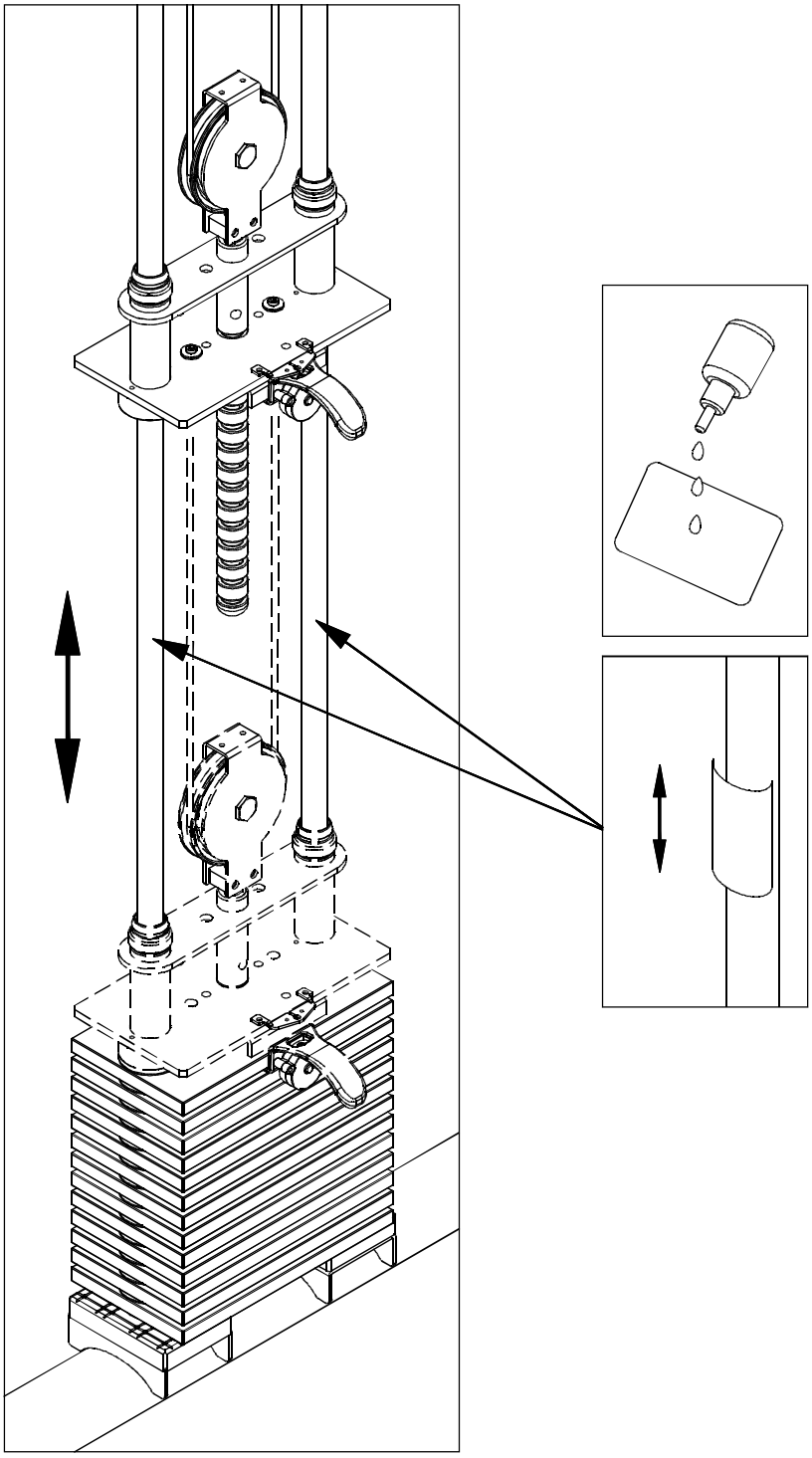


Step 2:
Place storage tray onto tubing and tighten with the. screw and washer that you just removed from step.

H. Maintenance Information

1. Lubricate guide rods every four months as follows.
   (a) Place silicone lubricant on a clean, dry, lint-free cloth. Wipe guide rods thoroughly.
   (B) Operate the unit and inspect for smoothness.
   (c) Repeat steps (a) and (b) 2~3 times.

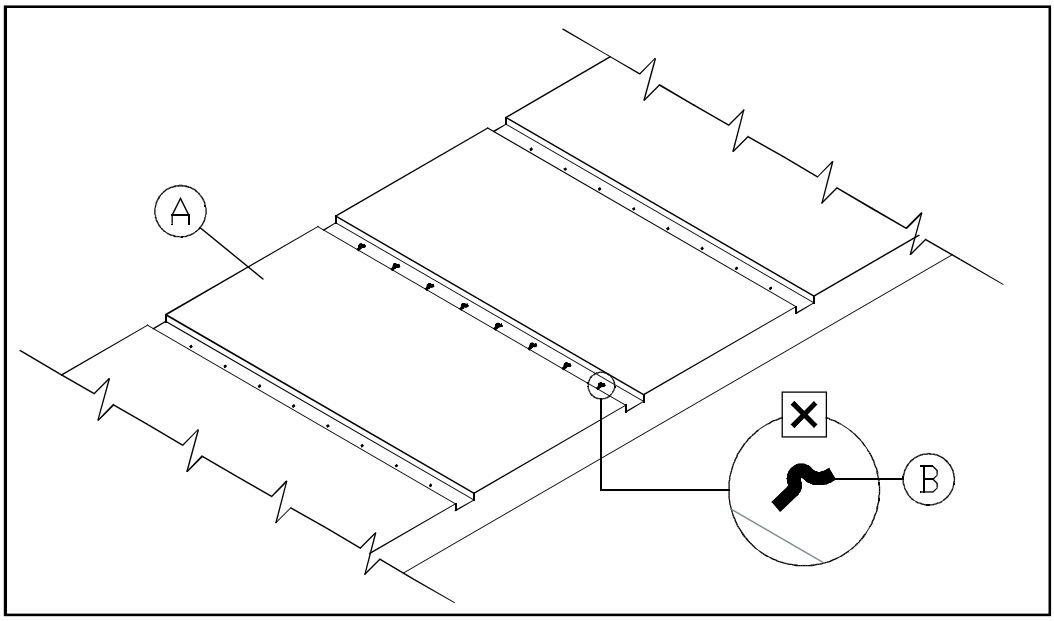
2. Inspect cable and belt tightness. Adjust cables and belts as necessary according to instructions in owner manuals.



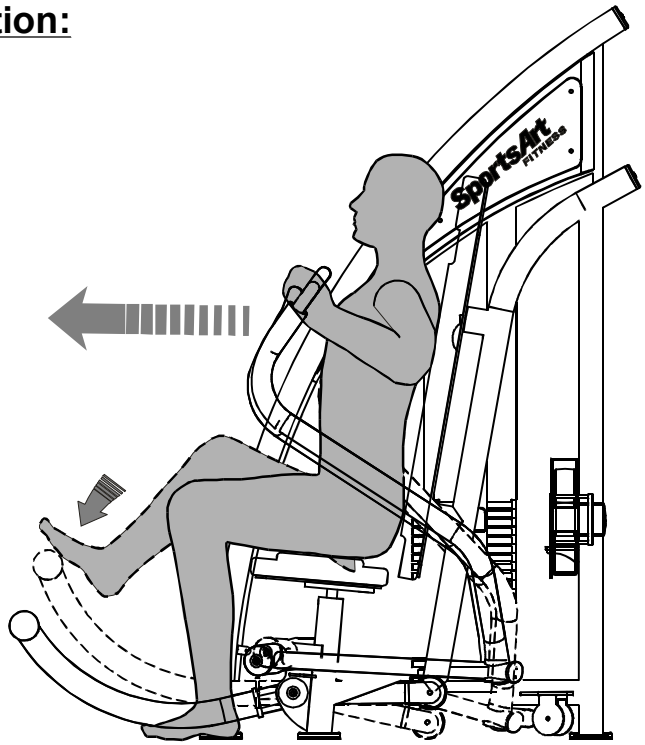
I. Important Safety Information

1. We recommend replacing belts once a year.

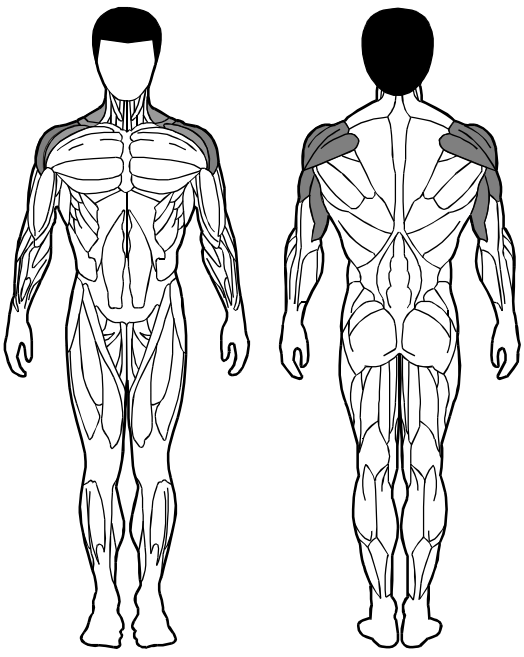
2. For safety, after one year of use, inspect the following at least once a month: A. the belt area; B. the belt fibers. In particular, inspect for cracks in the belt and for exposed fibers or other abnormalities. If you find any abnormality, stop usage immediately and replace the belt. Note: more frequent inspections may be needed in some cases.



Usage Instruction:



INDEPENDENT CHEST PRESS



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① Select a resistance level that enables you to perform the movement correctly.

② Adjust seat height so that handles are at chest level.
Place back firmly against back pad.

③ Push handles forward.
Do not lock arms.

④ Avoid excessive arching of the back when bringing handles back to starting position.

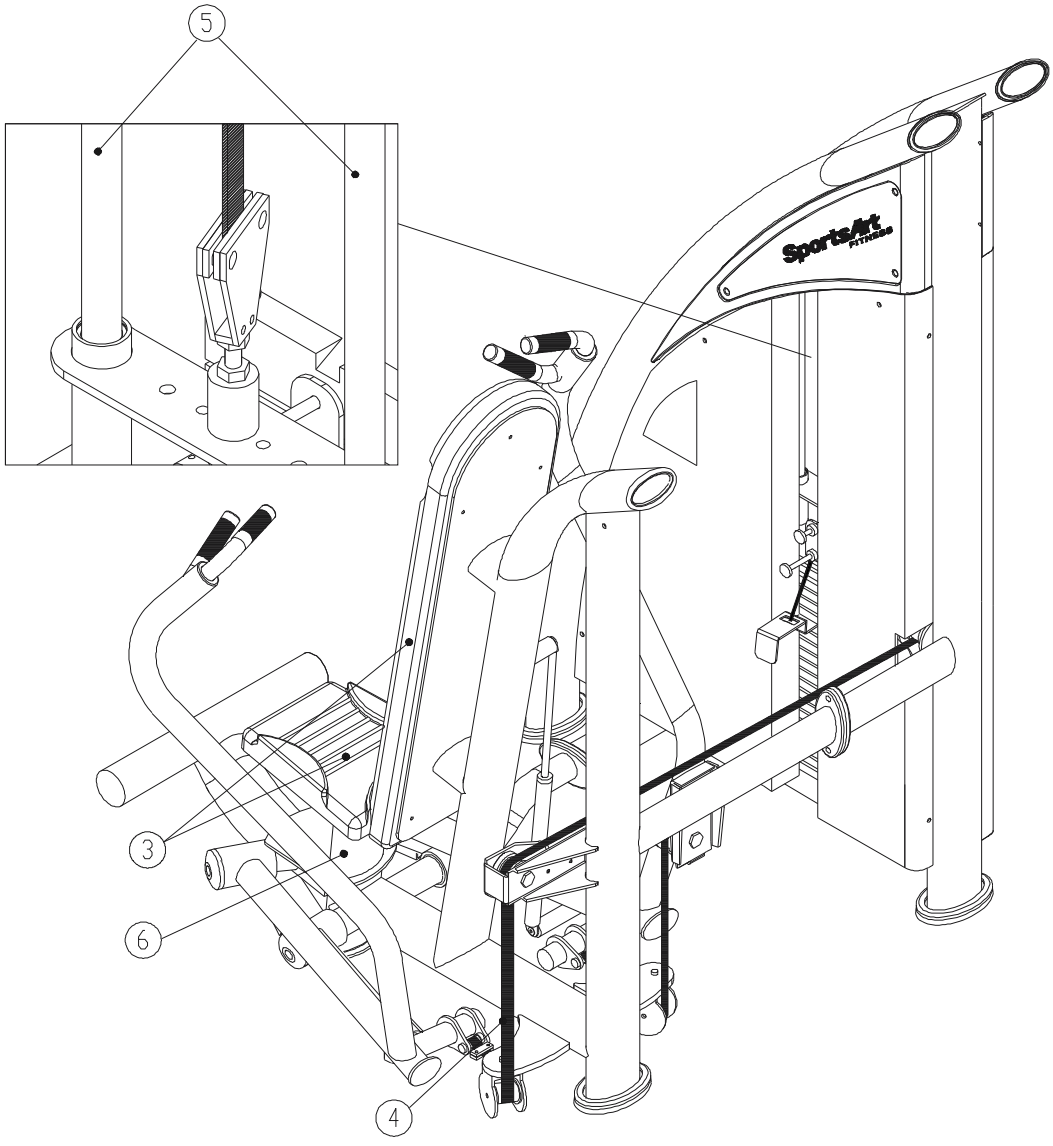
⑤ Perform the exercise in a controlled manner. Exhale when pushing against resistance .

CAUTION

Do not allow people near the machine when in use. Do not use the machine if you are unfamiliar or do not know how to operate this equipment.

J. MAINTENANCE SCHEDULE

(A915) Maintenance Schedule							
	Area	Daily	Weekly	Monthly	Quarterly	Yearly	Notes
1	Unit exterior	•					Clean.
2	Screws	•					Inspect for looseness. Tighten if necessary.
3	Cushions	•					Wipe clean with a damp cloth.
4	Belt		•				Inspect for wear. Replace every four years.
5	Guide rods				•		Clean, then lubricate.
6	Extension tube				•		Clean, then lubricate.



K. MAINTENANCE TASK LIST (STRENGTH PRODUCTS):

Like cars, fitness products require maintenance. Regular maintenance extends product life, and failure to maintain products can void the manufacturer's warranty. Copy the maintenance log sheet, and record maintenance work for each fitness product.

Daily tasks

1. Use a clean, lint-free towel, dampened with a mixture of Simple Green® all-purpose cleaner and water, to thoroughly clean the product exterior.

2. Inspect parts for looseness, and secure all loose screws. Make sure that the product is safe for operation. If safety issues arise, place an "Out of Order" sign on the product, and call for service.

3. Use a clean, lint-free towel, dampened with a mixture of Simple Green® all-purpose cleaner and water, to wipe cushions clean.

Weekly tasks

1.Inspect belts or cables (as applicable) for wear and breakage. Replace belts once every four years.

Quarterly tasks

1. Clean guide rods and extension tube. Use a clean, lint-free towel, dampened with a mixture of Simple Green® all-purpose cleaner and water. Apply a small amount of silicone lubricant onto the guide rods and extension tube.

Caution

Please follow standard safety precautions when working on this product.

- Do NOT use cleaners with alcohol, ammonia, or other damaging chemicals. The use of such chemicals can damage the product and void the warranty. Never spray or pour any liquid directly onto the product. Doing so can damage electronic components and void the warranty.

- This product has moving parts that can be hazardous. Exercise caution when maintaining, operating, or moving this product.

L. MAINTENANCE ONE-YEAR MAINTENANCE LOG

Facility : _____ Supervisor: _____

Product Model Number : _____ Serial Number: _____

Start Date: _____ End Date: _____

Daily Tasks	Weeks 1-7	Weeks 8-14	Weeks 15-21	Weeks 22-28
Completed				

Daily Tasks	Weeks 29-35	Weeks 36-42	Weeks 43-49	Weeks 50-52
Completed				

Weekly Tasks	Weeks 1-7	Weeks 8-14	Weeks 15-21	Weeks 22-28
Completed				

Weekly Tasks	Weeks 29-35	Weeks 36-42	Weeks 43-49	Weeks 50-52
Completed				

Monthly Tasks	1	2	3	4	5	6	7	8	9	10	11	12
Completed												

Quarterly Tasks	Quarter 1	Quarter 2	Quarter 3	Quarter 4
Completed				

Yearly Tasks	Year 1
Completed	

Notes: _____